



Resource Family Connection

News, Events, and Information Benefiting the Children of Waukesha County May and June, 2021



Parenting in a Pandemic: Tips to Keep the Calm at Home

By: American Academy of Pediatrics (via [healthychildren.org](https://www.healthychildren.org))

Fear, uncertainty, and being holed up at home more to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their emotions and behavior, and build resilience.

Here are some tips from the American Academy (AAP) to help your family get through the stress of the pandemic.

Address Children's Fears

Children rely on their parents for safety, both physical and emotional. Reassure your children that you are there for them and that your family will get through this together.

- ✧ **Answer questions about the pandemic simply and honestly.** Talk with children about any frightening news they hear. It is OK to say people are getting sick, but remind them that following safety steps like hand washing, wearing cloth face coverings, and staying home more will help your family stay healthy.
- ✧ **Recognize your child's feelings.** Calmly say, for example, "I can see that you are upset because you can't have a sleepover with your friends right now." Guiding questions can help older children and teens work through issues. ("I know it is disappointing not to be able to do some of the things you did before the pandemic. What are some other ways you can have fun with your friends?")
- ✧ **Keep in touch with loved ones.** Children may also worry about a grandparent who is living alone or a relative or friend with an increased risk of getting COVID-19. When safe, physically distanced visits aren't possible, video chats can help ease their anxiety.
- ✧ **Model how to manage feelings.** Talk through how you are managing your own feelings. "I am worried about Grandma since I can't go visit her. I will put a reminder on my phone to call her in the morning and the afternoon until it is safe to see her.")
- ✧ **Tell your child before you leave the house for work or essential errands.** In a calm and reassuring voice, tell them where you are going, how long you will be gone, when you will return, and that you are taking steps to stay safe.
- ✧ **Look forward.** Tell them that scientists are working hard to figure out how to help people who get sick, how to prevent it, and that things will get better.
- ✧ **Offer extra hugs and say "I love you" more often.**

Keep Healthy Routines

During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.



- ✧ **Structure the day.** With the usual routines thrown off, establish new daily schedules. Break up schoolwork when possible. Older children and teens can help with schedules, but they should follow a general order, such as:
 - * wake-up routines, getting dressed, breakfast and some active play in the morning, followed by quiet play and snack to transition into schoolwork.
 - * lunch, chores, exercise, some online social time with friends, and then homework in the afternoon.
 - * family time and reading before bed.

A Word About Bedtimes

Children often have more trouble with bedtime during any stressful period. Try to keep normal nighttime routines such as "book, brush, bed" for younger children. Put a family picture by their bed for "extra love" until morning. Bedtimes can shift some for older children and teens, but it is a good idea to keep it in a reasonable range so the sleep-wake cycle isn't thrown off. Too little sleep makes it more challenging to learn and to deal with emotions. Remember to turn off cell phones and other mobile devices an hour before bedtime.

Use Positive Discipline

Everyone is more anxious and worried during the pandemic. Younger children may not have the words to describe their feelings. They're more likely to act out their stress, anxiety, or fear through their behavior (which can, in turn, upset parents, particularly if they are already stressed). Older children and teens may be extra irritable as they miss out on normal events they looked forward to and activities they enjoy with their friends.

Some ways you can help your children manage their emotions and behavior:

- ✧ **Redirect bad behavior.** Sometimes children misbehave because they are bored or don't know any better. Find something else for them to do.
- ✧ **Creative play.** Suggest your children draw pictures of ways your family is staying safe. Make a collage and hang it up to remind everyone. Or, build an indoor fort or castle to keep the germs at bay, bringing in favorite stuffed animals or toys.
- ✧ **Direct your attention.** Attention - to reinforce good behaviors and discourage others - is a powerful tool, notice good behavior and point it out, praising success and good tries. Explaining clear expectations, particularly with older children, can help with this.
- ✧ **Use rewards and privileges** to reinforce good behaviors (completing school assignments, chores, getting along with siblings, etc.) that wouldn't normally be given during less stressful times.
- ✧ **Know when not to respond.** As long as your child isn't doing something dangerous and gets attention for good behavior, ignoring bad behavior can be an effective way of stopping it.
- ✧ **Use time-outs.** This discipline tool works best by warning children they will get a time out if they don't stop. Remind them what they did wrong in as few words - and with as little emotion - as possible. Then, remove them from the situation for a pre-set length of time (1 minute per year of age is a good guide).

Parenting in a Pandemic: Tips to Keep the Calm at Home (Continued from page 1)

Special Time In

Even with everyone home together 24/7, set aside some special time with each child. Ideas can include cooking or reading together, for example, or playing a favorite game. You choose the time, and let your child choose the activity. Just 10 or 20 minutes of your undivided attention, even if only once every few days, will mean a lot to your child. Keep cell phones off or on silent so you don't get distracted.

- ✧ **Avoid physical punishment.** Spanking, hitting, and other forms of physical or "corporal" punishment risks injury and isn't effective. Physical punishment can increase aggression in children over time, fails to teach them to behave or practice self-control, and can even interfere with normal brain development. Corporal punishment may take away a child's sense of safety and security at home, which are especially needed right now.

The AAP reminds parents and caregivers never to shake or jerk a child, which could cause permanent injuries and disabilities and even result in death. Tips for calming a fussy baby and advice for caregivers who have reached a breaking point can be found here (<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Abusive-Head-Trauma-Shaken-Baby-Syndrome.aspx>). If you have a friend, relative, or neighbor with the new baby at home, think of ways you can reach out to provide support during the isolation period.

- ✧ **Take care of yourself.** Caregivers also should be sure to take care of themselves physically: eat healthy, exercise, and get enough sleep. Find ways to decompress and take breaks. If more than one parent is home, take turns watching the children if possible.
- ✧ **Take a breath.** In addition to reaching out to others for help, the AAP recommends parents feeling overwhelmed or especially stressed try to take just a few seconds to ask themselves:
 - * Does the problem represent an immediate danger?
 - * How will I feel about this problem tomorrow?
 - * Is this situation permanent?

In many cases, the answers will deflate the panic and the impulse to lash out physically or verbally at children.

Remember

Reach out to your pediatrician with any concerns you have about your child's behavioral or emotional well-being and managing your family's stress.

United Way Youth and Family Volunteering

There are some great ways your youth or your family can volunteer and have some fun! Volunteer projects include serving meals, working outdoors, helping with a book drive, and more!
<https://www.unitedwaygmw.org/Volunteer/Youth-and-Family-Volunteering>

Well Badger Resource

Well Badger Resource Center is your one-stop connection to community, social, health, and government programs - a place to find what you need, when you need it. <https://www.wellbadger.org>

Waukesha County Women, Infants, and Children (WIC) Nutrition Program

Children under age 5 are automatically eligible for WIC if the child has been placed in foster care or has been determined eligible for Kinship Care benefits. WIC is a federal program that provides food and nutrition information to pregnant, postpartum, breastfeeding women, infants, and children under the age of 5. In Waukesha County, WIC is administered through the Waukesha County Public Health Division. <https://www.waukeshacounty.gov/WIC/>

Meet The Foster Care Team Hilary Smith



Last year, we started introducing members of the Foster Care Team. We will continue to do this every other month. This month, we would like to introduce Hilary Smith

Hilary will be celebrating her third year at Waukesha County in July. Hilary joined the Foster Care team as a Foster Care Coordinator in 2018, and mainly worked with relative caregivers processing Court Ordered Kinship and licensing foster homes.

In 2019, Hilary received a promotion and began working with general foster homes in addition to relatives; she also began helping with placement responsibilities and emergency coverage. This year, Hilary has also taken on overseeing Subsidized Guardianships. When asked what she loves about working in Foster Care, Hilary said, "I recognize the privilege it is to step into a family's story, and to help them through some of the most challenging times in their lives. People trust me with their vulnerability during the licensing process, and I find meaning knowing that the work that I do plays a part in keeping children safe, until they can return home or find stability. I get to know amazing people from all walks of life. The foster parents and relatives are some of the most resilient people I've met and they give me hope."

When Hilary is not working, she enjoys playing board games, quilting, and spending time with her dog and cat.

Fun Activities

Spring Art Walk Delafield

The sidewalks of downtown Delafield come alive with color and music during the (spring and fall) art walks. In front of downtown businesses, local artists display their creations at various stops throughout downtown. You'll also enjoy live music and performances and more!

Date: Friday, May 21, 2021

Time: 5:00 p.m. - 9:00 p.m.

Location: Downtown District of Delafield on Highway C (Genesee St), Wells St, Milwaukee St, and Dopkins

For More Information: <https://delafieldchamber.com/art-walks>

KINnect Virtual Family Event - Making a Family Crest

Relative Caregiver families are invited to this upcoming live virtual event to make a family crest and connect with other families. Creating a family crest at home can be a fun and meaningful way for family members to identify what makes their family unique.

Prior to the live sharing event, each family will receive a craft box in the mail with the needed materials (and a family snack to share!). You will also receive a video, created by a local art teacher, with a lesson on heraldry and instructions how to make your own personalized family crest. We ask each family to complete their project before our live sharing event.

Date: Thursday, May 27, 2021

Time: 6:00 p.m. - 7:00 p.m.

For More Information: <https://www.eventbrite.com/e/kinnect-virtual-family-event-family-crest-registration-138323698907>

Hartland's Hometown Celebration

Kid's activities, live music, fireworks, parade, and more!

Date: June 25 - June 27, 2021

Location: Nixon Park, 175 E. Park Ave, Hartland

For More Information: <https://www.villageofhartland.com/515/Hartlands-Hometown-Celebration>

Waukesha's Friday Night Life

Live entertainment, family activities, live music, good food, and fun!

Date: June 4 - Sept 3, 2021

Time: 6:30 p.m. - 9:00 p.m.

Location: Downtown Waukesha

For More Information: <https://www.facebook.com/WaukeshaFridayNightLive/>

Farmers Markets

Brookfield

Arts and crafts, food, clothing, products, and more!

Opening Day: May 1, 2021

Day: Saturday, May 1 - October 30, 2021

Time: 7:30 a.m. - 12:00 p.m.

Location: Brookfield Central High School, Front Lot, 16900 W. Gebhardt Rd.

For More Information: <https://brookfieldfarmersmarket.com/>

Mukwonago

Food vendors, special events, live music, and more!

Opening Day: May 19, 2021

Day: Wednesdays, May 19 - October 13, 2021

Time: 2:00 p.m. - 6:00 p.m.

Location: Field Park, Corner of Hwy 83 and NN

For More Information: <https://www.facebook.com/mukwonagofarmersmarket/>

Muskego ("Sunday Brunch")

There is a new market arriving in SE Wisconsin, and that is the Sunday Brunch Market at Pop's MarketPlace!

Opening Day: May 2, 2021

Day: Sundays, May 2 - September 25 (excluding Memorial and Fourth of July weekends), 2021

Time: 10:00 a.m. - 2:00 p.m.

Location: Pop's MarketPlace, S70W16050 Janesville Rd

For More Information: <https://www.facebook.com/events/258595835654030/>

Oconomowoc

Vendors offer products ranging from hand soaps to metal sculptures, cut flowers, produce, meat, and more!

Opening Day: May 1, 2021

Day: Saturdays, May 1 - October 30, 2021

Time: 8:00 a.m. - 12:00 p.m.

Location: Bank Five Nine Campus Lot, 155 W. Wisconsin Ave

For More Information: <https://www.oconomowoc.org/events/summer-farmers-market/>

Pewaukee

Features a food truck village, live entertainment, children's activities, special theme nights, dozen of unique craft vendors, and of course, the freshest produce our local farmers have to offer!

Opening Day: May 12, 2021

Day: Wednesdays, May 12 - October 13, 2021

Time: 3:00 p.m. - 7:00 p.m.

Location: Christ Lutheran Church, W240N3103 Pewaukee Rd

For More Information: <https://lakecountryfamilyfun.com/event/pewaukee-farmers-market/2021-05-12/>

Waukesha

Features food, entertainment, crafts, vendors, and more!

Opening Day: May 1, 2021

Day: Saturdays, May 1 - October 30, 2021

Time: 8:00 a.m. - 12:00 p.m.

Location: Waukesha State Bank, 125 W. St. Paul Ave.

For More Information: <http://www.waukeshafarmersmarket.com/>

Kids Matter Legal Clinic

Kids Matter is offering another legal clinic to youth in foster care and kinship care to walk them through the process of establishing a power of attorney for health care.

Who: All young adults aging out or who have aged out of foster care, or were raised by a relative. You must be 18 years old or older

When: Friday, May 21, 2021

How: The legal clinic will be held over Zoom. After signing up, you will be emailed a personal Zoom link to join your appointment at the scheduled time.

To Sign Up: Email adam@kidsmatterinc.org



Craft Time!

Popsicle Stick Bird Feeder

By: madewithhappy.com

The birds will love stopping by your bright bird feeder, so be sure to hang it near a window so you can see them!

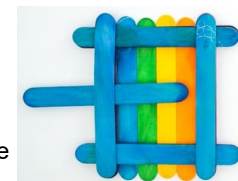
What You'll Need:

- ✧ Jumbo Colored Craft Sticks (editor's note: Or, maybe just dried out popsicle sticks from a delicious treat! You can paint them whatever color(s) you would like!)
- ✧ Hot Glue Gun or Wood Glue (note that wood glue is best for this project, but the curing time is much longer than hot glue or white glue)
- ✧ Rope or Twine
- ✧ Bird Seed



What You'll Do:

1. Start by laying out six jumbo sticks next to each other, touching. This is going to be the bottom of the bird feeder.
2. Glue two sticks across the six base sticks towards the ends of each side of the sticks. This will be what holes your base together, so make sure there's glue on every bottom stick!
3. Add dots of glue on the four corners of the two sticks. Place sticks on top in the opposite direction.
4. For the perch, you will add glue to the middle of the craft stick. Then, glue it the opposite direction of the last sticks you had glued.
5. Continue gluing the sticks around the outside. Be sure to apply extra glue on the stick directly above the perch. This will help secure the perch and keep it in place. You only want to glue a few rounds of the sticks so the feeder wall isn't too high!
6. After your glue has dried, cut your rope or twine into four pieces, each about 2 feet long.
7. Tie each piece to the corner of the popsicle stick one level down. This will distribute the weight of the filled bird feeder from the top sticks.
8. Tie the ends. Create a simple loop by not pulling the ends through the knot fully. This will make a loop. You can use a dot of glue to help keep the rope in place (twine should not need the glue).
9. Fill with birdseed, hang, and enjoy your fine-feathered friends!



SAVE THE DATE!!

Families Like Mine Conference

The 3rd Annual Families Like Mine Conference for Relative Caregivers of Children will be held in a completely virtual format on **July 19, 2021** given the continued concerns around the COVID-19 pandemic. In order to make the conference more accessible in the virtual format, the presentation will again be available for all registered participants to view at any time during the week of July 19 and beyond!

Presentations will again be pre-recorded. Topics and presenters are yet to be finalized.

Registration details will be provided soon.

Additional Training and Events



Due to COVID-19 and social distancing, we currently are not having any in-person trainings or informational sessions. A survey will be distributed at a later time regarding in-person trainings.

Kinnect Virtual Support Group

Join us for this opportunity to connect with other caregivers and grandparents as a way to share the joys and challenges of being a relative caregiver.

Morning Group

4th Thursday of each month

Date: May 27, June 24, 2021

Time: 11:00 a.m. - 12:00 p.m.

To Register: <https://www.eventbrite.com/e/virtual-group-kinnect-relative-caregivers-of-children-morning-tickets-114153498186>

Evening Group:

3rd Wednesday of each month

Date: May 19, June 16, 2021

Time: 6:00 p.m. - 7:00 p.m.

To Register: <https://www.eventbrite.com/e/virtual-group-kinnect-relative-caregivers-of-children-evening-tickets-132317728889>

Waukesha County Foster Parent Information Sessions

Open to Waukesha County residents interested in learning more about foster care in our community. Also required for any new foster parents. The information sessions will be held virtually using Microsoft Teams.

2nd Wednesday of each month

Date: May 12, June 9, July 14, August 11, September 8, October 13, November 10

Time: 6:00 p.m. - 7:00 p.m.

4th Thursday of each month

Date: May 27, June 24, July 22, August 26, September 23, October 28

Time: 12:00 p.m. - 1:00 p.m.

To Register: Email Rhonda Klinger (rklinger@waukesha-county.gov). Please include your full name, email, and the information session that you plan to attend.

NAMI Family Support Group (Virtual)

For family members and those with a loved one impacted by mental health conditions.

When: 3rd Tuesday of each month ~OR~ 1st and 3rd Wednesday of each month

Time: 6:30 p.m. - 8:30 p.m.

For more information or to register, please contact

Denise: 262-409-2743 or denise@namiwaukesha.org.

NAMI Parent Peer Support Group (Virtual Until Further Notice)

For parents and caregivers who have a child under the age of 18 who is affected by a mental health condition and/or emotional difficulties. Gain insight from the successes of others facing similar experiences.

When: 1st and 3rd Wednesday of each month

Time: 6:30 p.m. - 8:30 p.m.

For more information or to register, please contact

Denise: 262-409-2743 or denise@namiwaukesha.org.

Trauma-Informed Parenting Support

Adoptive, Kinship, and Guardianship parents and caregivers: Please join us for a trauma-informed virtual support group just for you! This group is especially for caregivers who are:

- Parenting youth with trauma histories
- Parenting youth with emotional or behavioral challenges and/or diagnoses such as RAD, DMDD, and ODD.

When: 3rd Monday of each month

Date: May 17, June 21, 2021

Time: 12:00 p.m. - 1:00 p.m.

To Register: <https://www.eventbrite.com/e/virtual-group-trauma-informed-parenting-tickets-144093743265?aff=ebdsoorgprofile>



COVID-19 Resources

How to Talk to Your Kids About Coronavirus - This is a great article with helpful information. The website also has games and activities for your kids to play. <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Parent/Caregiver Guide to Help Families Cope with the Coronavirus - This resource will help you understand what an infectious disease is, and how you can help your family cope. <https://www.nctsn.org/print/2251>

COVID-19 Updates from the Department of Children and Families - The Department of Children and Families is working closely with DHS and is committed to keeping you informed about COVID-19 and its impact here in Wisconsin. For up-to-date information, please go to: <https://dcf.wisconsin.gov/covid-19>

Waukesha County Public Health - Waukesha County Public Health website provides up-to-date information about the number of COVID-19 cases, the latest news and information, how to protect yourself and your family, and more. Go to: <https://www.waukesha-county.gov/COVID19>

Contact Numbers:

Foster Care Social Workers:

Waukesha County Health & Human Services
262-548-7212

Michelle Lim, Foster Care Supervisor
262-970-4761

Cassie BeLow 262-896-8574

Rhonda Klinger 262-548-7240

Jennifer Mantei 262-548-7250

Libby Sinclair 262-548-7277

Hilary Smith 262-548-7254

Case Management Social Workers:

Angie Sadler, Ongoing Social Work Supervisor
262-548-7272

Eric Calvino, Ongoing Social Work Supervisor
262-548-7271

Eve Altizer, Ongoing Social Work Supervisor
262-548-7267

Nicole Allende 262-548-7265

Jamie Carter 262-548-7264

Kimberly Dudzik 262-548-7347

Stephanie Engle 262-548-7424

Megan Fishler 262-896-8570

Abbey Girman 262-548-7695

Sharon Godwin 262-548-7684

Laura Jahnke 262-548-7359

Alyssa Jones 262-548-7239

Jessica Larsen 262-548-7346

Maria Maurer 262-548-7345

Rachel O'Sullivan 262-548-7639

Johanna Ploeger 262-896-6857

Elizabeth Russo 262-548-7349

Kim Sampson 262-548-7273

Linda Senger 262-548-7698

Brittany Sutton 262-548-7262

Children's Mental Health Outreach
262-548-7666

Medical Emergency: 911

Family Emergency: 211 or 262-547-3388

Happy Mother's Day



Happy Father's Day!

If an Allegation of Abuse or Neglect has been made against you, please call:

FASPP
Norma Schoenberg
920-922-9627